

10 Principles of Health Behavior Change

Principle 1: Behavior Change Activation is on a Continuum: Levels of Readiness

Five stages of change

Principle 2: Alignment of Intervention with Readiness Level

Approaches likely to align with a person during each stage

Principle 3: Personalized Health Behavior Change Plan

Characteristics, decision making, goals, confidence, and follow-up

Principle 4: Self-management as the Organizing Framework for Behavior Change

Explore the whole health self-management (medical, behavioral, and emotional)

Principle 5: Effective Use of Incentives to Motivate Health Supporting Behavior

Pros and cons of incentives and expectancy

Principle 6: The Role of Social Support: Power of Professional and Community Social Support

Building and engaging the best support system

Principle 7: Power of Peer Support

Identifying the peer support who has the most positive impact

Principle 8: Creating an Organizational Culture of Wellness

Importance of the client and staff interaction

Principle 9: Best Practices in Wellness Programming

Create a program format designed to monitor overall wellness

Principle 10: Culturally Responsive Services

Balancing a well-rounded lifestyle of cultural influences, beliefs, values and activities

The KEEP-START-STOP Grid may be used to identify improvement opportunities to increase health behavior change and person activation. An improvement in any behavior change principle will advance your organization's efforts to engage the people you serve.

PRINCIPLE	KEEP	START	STOP
Principle 1: Behavior Change Activation is on a Continuum: Levels of Readiness			
Principle 2: Alignment of Intervention with Readiness Level			
Principle 3: Personalized Health Behavior Change Plan			
Principle 4: Self-management as the Organizing Framework			
Principle 5: Effective Use of Incentives to Motivate Health Supporting Behavior			
Principle 6: Power of Professional and Community Social Support			
Principle 7: Power of Peer Support			
Principle 8: Creating an Organizational Culture of Wellness			
Principle 9: Best Practices in Wellness Programming			
Principle 10: Culturally Responsive Services			